



Tracy Paterson, CEO

Dear Friend,

Which do you think affects the most Canadians? Breast cancer, cardiovascular/heart disease or mental health issues?

While 1 in 8 Canadian women will develop breast cancer during their lifetime, and approximately 1 in 17 Canadians 20 years and older report that they were living with a cardiovascular disease (i.e. heart disease and cerebrovascular disease), *mental illness is experienced by 1 in 3 Canadians during their lifetime.*

And in any given year, 1 in 5 Canadians will personally experience a mental health problem or illness. And by age 40, about 1 in 2 Canadians will have or have had a mental illness.

**I had to re-read those numbers to make sure I got it right the first time.**

So that means that if you are not the person suffering from a mental health problem or illness, you absolutely know someone who is. It could be a family member, a friend, a work colleague, your yoga instructor or barista at Starbucks.

And each person could be undergoing a different treatment, from taking prescribed medication, to visiting a counselor or other professional, to being admitted to hospital.

That's why it was so exciting, just a few weeks ago, that the Ajax Pickering Hospital officially opened its 22-bed inpatient Mental Health Unit.

And donors, just like you, helped make it possible.

**But this is just the start of how your donations will make a difference.** As more patients come to the unit with their own unique challenges, as new mental health treatment strategies are developed, and as the staff create different ways to connect with their patients, they will still need your support so that all patients receive the best care, close to home.

That's why, from one donor to another, from one community member to another, I am personally asking you to make a donation today to the Ajax Pickering Hospital.

*...over*

As of today, we have had 11 patients admitted to the Inpatient Mental Health Unit, and five have already been discharged!

That's 11 people in just the first 8 days since our unit opened to patients.

That's 11 people who would have had to go further away from home for their mental health care... to Scarborough or Oshawa or maybe even further. And that's assuming there was a free hospital bed for them.

That's 11 people who have been able to start their mental health journey back to wellness.



**And that's 11 people who have already been impacted by your donations.**

Murals decorate some of the unit's walls, as well as their dining room, to help relax patients and erase the stigma about mental health as well as being inviting and stimulating. You helped do that.

(L-R) Catherine (Social Worker); Linda (Occupational Therapist); Maya (Social Worker); Katherine (Recreation Therapist) in front of one of the murals

The occupational therapists will be using a snoezelen cart to help calm agitated patients with its soothing sounds, captivating aromas, tactile experiences, massage and vibration, vibrosonic sensations, light effects and gentle movement. You helped do that.

The recreational therapists have already been using art supplies and board games from the Foundation's Compassion Fund to help their patients to become more confident and to build a sense of community while reducing a sense of isolation. You helped do that.



the welcome packages ready and waiting

And the patients arrived to find a welcome package on their beds, made up of items also from the Compassion Fund. You helped do that.

Now you would be right if you thought that these things aren't as "flashy" as other items on our 2020 medical equipment funding list for the hospital... like



beautiful results from some of the art therapy sessions already held with patients

- a **ventilator** for our Intensive Care Unit. When a patient is not getting enough oxygen or is not getting rid of enough carbon dioxide, or has an illness or injury and is not able to breathe normally, they are hooked up to a ventilator via either a tube inserted into their mouth or nose that reaches the lungs (called intubation) or via a tube inserted into the windpipe (called a trachea). The ventilator blows air directly into their lungs. Our ICU has 11 beds but could ventilate up to 12 patients, and on a daily basis, 6-8 patients need to be ventilated.
- An **omnibed** for our Neonatal Intensive Care Unit. It's a combination of two traditional infant care units that both provide a precisely controlled thermal environment: an incubator (requiring a closed top) and radiant warmer (an open top). Its easy conversion between each mode happens in seconds with just a touch of a button. And stress on the infant, staff, and family members is reduced by eliminating the need to transfer the baby between incubators and warmers. Our NICU looks after over 200 babies a year, and we care for premature babies who are born as early as 32 weeks.
- **syringe pumps** for our Operating Room. They are small infusion pumps used to gradually administer small amounts of fluid (with or without medication) to a patient. They are very useful when delivering IV medications over several minutes, at a slow and precise rate, because they save staff time and greatly reduce errors. And because from the moment it is powered on, the pump defaults to use the established drug protocols set by our pharmacists, our staff are able to quickly start an infusion with the safety of drug libraries supporting them. The most common function of these pumps in the operating room is for the administration of anaesthesia, and our surgeons perform over 10,000 operations a year.

But you would be wrong if you thought those items donors on the previous page like you have already helped fund for the Mental Health unit won't change or save lives.

They are as equally as important as any of the pieces of equipment you just read about above.



Alex  
#sayhisname



And my friend's son, Alex, would have told you so.

Remember right at the beginning when I said that you probably know someone who is struggling with mental health issues? For me, one of the people I know is Alex. Or rather, I should say, I knew. You see, Alex died by suicide two years ago. He would be the same age as my daughter, the same age as one of our Foundation's staff members.

I can't change the past, but as a donor I can certainly change the future.

**And so can you!**

*...over*

Your donations will help others in our community with mental health issues have access to the best & leading practice mental health care, treatment and support right in our community.

Dr. Brock Chisholm, the first Director-General of the World Health Organization (WHO) and who was a psychiatrist and shepherded the notion that mental and physical health were intimately linked famously stated that “without mental health there can be no true physical health”.

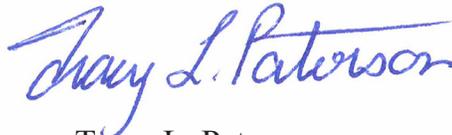
Will you join with me by making a donation today, and help fund the equipment & tools that are used every day by our doctors and nurses to look after every person who comes through our doors, whether they are caring for their minds or their bodies?

Of course, you can also choose to join me as a monthly donor with a simple and convenient gift of \$10, \$25 or \$35 every month.

On behalf of the 11 patients who have already accessed our new In-Patient Mental Health Unit as well as the thousands of other patients who come to our hospital for care, thank you for your ongoing support of and generosity to the Ajax Pickering Hospital.

Together, let's make 2020 the best year ever for our hospital!

Yours sincerely,



Tracy L. Paterson  
CEO

P.S. Your donation today will help the staff of Ajax Pickering Hospital look after our community, both its mental health and physical health.

P.P.S. If you, or someone you know, needs to access Mental Health services in our community you can start by reading through our Program Brochure which has lots of information and important phone numbers; you can find it at [www.lakeridgehealth.on.ca](http://www.lakeridgehealth.on.ca), and click on “Mental Health and Pinewood Centre” under the OUR SERVICES tab.

- On staff are approximately 50 highly skilled professionals from different disciplines (like recreational therapists, occupational therapists and social workers), as well as six psychiatrists;
- The unit has the capacity to admit 600 people each year;
- Individual rooms have en-suite washrooms to enhance patient privacy;
- Chalk board walls are in the patient rooms to support communication between the patient and their care team;
- A comfortable and quiet visitor's room is available to be used by patients and their loved ones;
- The light-filled common dining area encourages people to enjoy a meal with others and helps create a sense of community;
- The updated nursing station promotes privacy and confidentiality; and
- An outside space directly on the unit can provide different distractions as well as be incorporated into treatment plans.

The new In-Patient Unit is an expansion of Mental Health services already available at Ajax Pickering Hospital. Its 12-week Day Treatment Program runs two to three days per week and provides support and coping strategies using a client-centred, recovery treatment model. The team of registered nurses, social worker and recreation therapist work with the referring psychiatrist to assist clients in attaining their goals.



"In the days, weeks, months, years, and decades to come, many people in the Durham Region - our grandparents, mothers, fathers, sisters, brothers, children, grandchildren, friends, neighbours, colleagues - will come here to heal from the devastation mental suffering brings to their lives," said **Percy D'Souza**, Patient Advisor, Mental Health and Pinewood Centre Patient and Family Advisory Committee. "The care they will get here will give people a decent, precious chance at putting their lives back together, and maybe even building a better life."

Watch Percy's video, and hear directly from him how having access to mental health care changed his life; visit [www.lakeridgehealth.on.ca/en/news](http://www.lakeridgehealth.on.ca/en/news)